



— State of —  
**North Dakota**  
*Office of the Governor*

**John Hoeven**  
*Governor*

PROCLAMATION  
**EXERCISE IS MEDICINE MONTH**  
MAY 2009

**WHEREAS**, citizens are encouraged to speak with their physicians about how physical activity and exercise may help treat or prevent numerous chronic conditions, such as hypertension, cardiac disease and diabetes; and

**WHEREAS**, physicians and other health care providers are encouraged to talk to their patients about the health benefits of exercise and to recommend that their patients engage in appropriate exercise; and

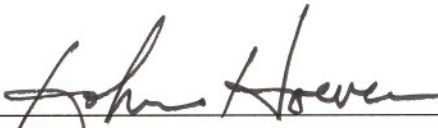
**WHEREAS**, regular, moderate-intensity exercise has curative and protective health benefits; and

**WHEREAS**, the health benefits of physical activity and exercise can do so much to improve the quality of life for everyone; and

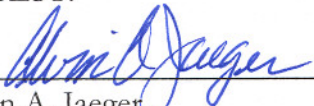
**WHEREAS**, a healthier populace means cost savings, greater participation in the workforce and other benefits to society at large; and

**WHEREAS**, regular physical activity and exercise is a powerful prescription, with great potential to improve the health of our citizens.

**NOW, THEREFORE**, as Governor of the State of North Dakota, I do hereby proclaim May 2009, **EXERCISE IS MEDICINE MONTH** in the state of North Dakota.

  
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John Hoeven  
Governor

ATTEST:

  
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Alvin A. Jaeger  
Secretary of State